

LCS Invitational XCR Meet

Wednesday 13 October 2021 @ Lakefield College School

Convenor: Todd Harris

Registration

- » Due to COVID policies, this Invitational is regrettably open to CISAA schools only
- » Register for this free event online at TrackieReg.com/CISAAInvitational (by noon on Tuesday 12 October 2021)
- » An athlete may race up to an older Classification, but may only compete in one race

Courses

- » All courses are two laps and require a lap of the cinder running track
- » Footing is primarily close-cropped grass with some short hardpack, mud, and gravel sections
- » All athletes, teachers and volunteers are to stay on course trails at all times – there is poison ivy off trail
- » Please note there is an apiary within 5m of the run course which is separated from the course by brush and fencing
- » Course maps will be available at registration – athletes are responsible for knowing and running the correct course

Races

Classification		Distance	Elevation Gain	Start
Novice/Para Girls	Females born in 2007 or later & in grade 9, or Para	2 laps = 4 km	35 m	10:30 am
Junior Girls	Females born in 2006 or later	2 laps = 5 km	55 m	11:15 am
Senior Girls	Females born in 2002 or later	2 laps = 6 km	65 m	12:00 pm
Novice/Para Boys	Males born in 2007 or later & in grade 9, or Para	2 laps = 4 km	35 m	1:30 pm
Junior Boys	Males born in 2006 or later	2 laps = 5 km	55 m	2:15 pm
Senior Boys	Males born in 2002 or later	2 laps = 6 km	65 m	3:00 pm

Results & Awards

- » Finish times and placings will be published for all athletes in each classification – medals will be awarded for top 3
- » Team scores will be calculated from the top 4 finishers from each team in each race
- » Ties in team scores will be resolved according to the placing of the 4th finisher for each team

Schedule

Girls	Boys	
9:30-10:30am	12:45-1:30pm	Courses open for running
10:00am	1:00pm	Coaches Meeting in the Hadden Hall Courtyard tent (check-in ideally before the meeting)
10:30-12:45	1:30-3:45	Courses closed to non-competitors
12:45pm	3:45pm	Awards

COVID-19 Considerations

- » Teams are responsible for verifying compliance with their School's COVID policies, including daily screenings, and for verifying compliance with the CISAA *Return To Play* policy on Vaccines & Testing
- » All attendees must be properly masked and maintain a 2m physical separation from others when not racing
- » A gendered schedule is provided to allow teams to segregate themselves, if they so choose – all are welcome all day
- » No spectators will be permitted on site, as per CISAA guidelines

Other Event Details

- » No access will be available to indoor spaces
- » Porta-potties, sanitization stations, and drinking water will be available – bring your own refillable water bottles
- » Limited parking is available in the lot overlooking the Andy Harris Field & Track
- » Team tents may be erected next to Lower Hadden Hall on the South side of the road with ample physical separation
- » Directions and a campus map are available at <https://www.lcs.on.ca/page/quicklinks/visitor-information>